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GAMES READY TO SOAR

Charles Reid of Canada competes in the men's slopestyle qualification during the Olympics at Rosa Khutor Extreme Park on Thursday in Sochi, Russia. The opening ceremonies for the Games begin tomorrow at 8 a.m. More coverage, page 24. CAMERON SPENCER/GETTY IMAGES

Sochi brings on 2010 nostalgia

In the spirit. Olympic flame still burns in Vancouver with festivities planned around the city



MATT
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As Vancouver passes the Winter Olympics torch to Sochi, the former host city is still reminiscing about the 2010 Games.

The iconic blue jackets donned by thousands of volunteers four years ago will be

out in force this weekend as the Creekside Community Recreation Centre holds a Winter Games legacy celebration on Sunday from 12:30 to 2:30 p.m.

The festivities will include an opening parade, an autograph station with gold-medal winner Ashleigh McIvor, a snowboarding simulator, face painting, pin trading, and "Canada House" and "Russia House"-themed crafts.

The Vancouver Park Board is also holding a draw for a Team Canada hockey jersey, on offer to anyone who brings a Canadian flag, wears red or paints their face at public skates in the

city's community centres during the Olympic opening weekend.

The CBC is also getting into the spirit of things, opening CBC Canada House at 700 Hamilton St. over the course of the Games. It kicks things off Friday morning with a broadcast of the Sochi 2014 opening ceremonies live on a giant outdoor screen.

Four years later the patriotism still lingers in the streets of Vancouver, according to Andrea Shaw, former Vancouver Organizing Committee (VANOC) executive and founder of the Twenty-Ten Olympic legacy group.

"The goal of the (Vancouver Games) was to touch the soul of

a nation and we did that," said Shaw. "I think now there's a renewed excitement that Canadians didn't have until they experienced the Games and it never leaves you."

The provincial government chipped in with a hearty "good luck" to the B.C. contingent representing Canada at this year's Games.

There are 30 athletes and 10 coaches from B.C., while another 11 train in the province.

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One big, fat meh

Metro's Reel Guys say The Monuments Men is not so, well, monumental **PAGE 15**



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Henrik Sedin a no-go

The Canucks captain bows out of the Olympics with ongoing injury issues **PAGE 23**



Let's kiss and make up

Can a party invite clear the air between Gwyneth Paltrow and Vanity Fair? **PAGE 20**



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Chinese New Year

Warning issued after attempted child abduction

Chinese New Year celebrations in Vancouver nearly turned tragic Saturday after a toddler was taken from its family in an attempted abduction, police warn.

Vancouver Const. Sandra Glendinning said the family was taking in the festivities at International Village Mall following the Chinese New Years parade in downtown Vancouver when a stranger allegedly took their four-year-old daughter by the hand and attempted to walk away.

"It was very busy at the time, there were a lot of people around and the family was with another group," said Glendinning. "They noticed that their child was missing so they walked over and noticed that there was a woman walking away holding the child's hand."

Glendinning said the family confronted the woman and got their daughter back, but they didn't report the incident to police for a few days.

"We've taken several investigative steps to confirm this is a legitimate complaint," she said. "It's not very common and that's why we're issuing a public warning. Be vigilant with your children and make sure you keep an eye on them. It is important for parents to realize we do have this allegation out there and it's very serious."

The suspect is described as a white woman in her 50s, between 5'10" and 6' tall, with a heavy build.

She had long curly brown hair in a ponytail.

MATT KIELTYKA/METRO



Transportation Minister Todd Stone announces impending changes to TransLink governance at the premier's office on Thursday. JENNIFER GAUTHIER/METRO

Changes could put mayors in TransLink driver's seat

Final approval power. Legislative U-turn could be in place in just a few months, minister says



KATE WEBB
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Transportation Minister Todd Stone announced Thursday that the province intends to give Metro Vancouver mayors back the very powers it stripped them of in 2007: final approval over TransLink plans, projects and long-term strategies.

"We agree that the current model does not work very well," Stone said, citing a 2013 report that found TransLink's

current corporate governance model lacks transparency and accountability.

As it stands, an unelected corporate board that meets behind closed doors sets TransLink's annual operating budget, and the mayors only get to vote on any extras the board proposes.

The mayors have complained for years that this amounts to taxation without representation.

Stone said the legislative changes could be in place in as little as three months.

He also announced that the Liberal government is willing to extend the date of the referendum on new sources of TransLink funding to no later than June 30, 2015 — IF the mayors are prepared to write

Power shift

"I believe that this is real change that places more authority in the hands of the mayors' council."

Transportation Minister Todd Stone

the question by June 30 of this year.

The province was adamant until a couple of weeks ago that the referendum would take place this November, despite the fact no question has yet been posed and that successful referendums elsewhere have taken years of public education.

"If the vision is not ready by June 30, 2014, the next date the provincial government is will-

ing to consider a referendum is in conjunction with the (2017) local government election," Todd wrote in an open letter to TransLink Mayors' Council chair Richard Walton.

Walton said Thursday he is hopeful the impending governance changes will lead to greater transparency and accountability at TransLink but that Stone's letter raises many questions that will need to be answered before he can say that for sure.

The mayors plan to meet with the Minister to discuss the letter on Feb. 14.

Walton also said the announcement "might" change the mayors' refusal to draft the referendum question, but only time and further discussion will tell.

1 NEWS

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Build down, not up, say experts

Broadway corridor. Urban Land Institute advises Vancouver to build subway and avoid towers



EMILY JACKSON
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After three days pounding the pavement along the Broadway corridor, a group of American experts discovered what anyone squeezed onto the 99 B-Line could tell you in a heartbeat.

"The existing transit along the Broadway corridor is essentially a failure — it barely works," said Dick Reynolds, one of five experts sent by the Urban Land Institute. He spoke at an event to present their research on the best way to develop the 13-kilometre stretch from Commercial Drive to UBC.

The panel recommended a subway as the best option

for mass transit to UBC, which Reynolds dubbed the "500-pound gorilla in the room," as on-street light rail transit would be majorly disruptive to the street's personality.

The subway should be constructed with boring technology instead of the cut-and-cover method that plagued Cambie Street during Canada Line construction, Reynolds said.

But the city mustn't use the expensive transit as an excuse to rezone the neighbourhood for massive buildings. The panellists found neighbours feared density automatically meant towers, to which west-side residents were fiercely opposed.

"You guys do highrises very nicely, but you're sort of drunk on highrises," Reynolds said, noting they just don't fit in some neighbourhoods. "You don't need towers everywhere."

The experts met with the city, TransLink and residents, but questioned why UBC and the health industry sur-

Quoted

"Transit along the Broadway corridor is essentially a failure."

Dick Reynolds, one of five experts sent by the Urban Land Institute

rounding Vancouver General Hospital weren't at the table, considering their massive impact on employment and growth along the corridor.

It will be crucial to get the "meds and eds" outside, Reynolds said, adding they should be willing to open their chequebooks.

The findings validated the city's insistence that a subway is the only option to meet demand, Coun. Geoff Meggs said. (Neither the city nor the province paid a dime for the independent research.)

It's an "anti-congestion" plan that will be part of a regional strategy, he said, adding the province needs to give UBC the green light to participate.



A file photo of the 99 B-Line. JENNIFER GAUTHIER/METRO



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YouTube

Groin kicker in trouble with police

Vancouver police say they find online videos of a man allegedly kicking two homeless people in the groin in exchange for money "extremely concerning" and are considering laying charges.

A video that appeared on YouTube Wednesday showed

the suspect kicking the two victims, and appearing to chase the second victim down Vancouver's Granville Street after the act and continuing the alleged assault.

Since the video went viral, VPD spokesperson Sgt. Randy Fincham said investigators have identified both victims and that the suspect has contacted police.

MATT KIELTYKA/METRO

-8.3 C

Vancouver brrrrreaks record low temperature

Temperatures dipped to their lowest level ever in Vancouver on Thursday with a low of -8.3 C. The previous record at the Vancouver International Airport was set 66 years ago

with a chilly -7.8 C in 1948, according to The Weather Network.

Arctic outflow temperatures have "invaded" the entire province, with cold weather expected to last throughout the weekend.

For Canadians thinking a few degrees below zero isn't that cold, have pity — the wind chill is -14 C, according to Environment Canada.

EMILY JACKSON/METRO



Fish you were this close?

Lauren Hartling describes the relationship between spotted jellyfish and algae Thursday during a preview of the Vancouver Aquarium's "Up Close" tours. From now until April 30, a few visitors each day will be randomly selected for a chance to go behind the scenes. JENNIFER GAUTHIER/METRO

Meggs. Councillor slams B.C.'s refusal to regulate party bus industry

A Vancouver councillor and the mother of a teenage girl who died after a night on a party bus were shocked to hear B.C. is no longer considering regulatory changes to the industry.

"That's not acceptable," Coun. Geoff Meggs said Thursday, responding to Ministry of Transportation comments to Metro that the province isn't looking at licensing changes or legislation for party buses and limousines despite former minister Mary Polak's promise

to do so after a 16-year-old boy died in February 2013.

"It was a cheap election stunt," Meggs said, questioning why the new minister Todd Stone has refused to meet with Julie Raymond, whose daughter died from consuming too much ecstasy and alcohol on a bus full of underage partygoers.

Vancouver city council plans to push the government to make changes to the largely unregulated industry before prom season. EMILY JACKSON/METRO





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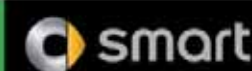
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The future of food?

Soylent. Controversial meal replacement product could be coming to Canada



Canadians won't have to wait for a far-off dystopian future to try the controversial Soylent meal replacement product, as the inventor says the company is eyeing Canada as its first international market after it begins shipping to U.S. customers on March 1.

CEO Rob Rhinehart was an electrical engineer at a start-up in California, with insufficient time and money to eat well, when he decided to create something fast and cheap that contains everything humans need to survive.

Soylent comes in two packets, powder and oil, that are mixed with water to form a grayish liquid. It contains no people and costs less than \$10

a day.

"Traditionally, healthy food can be very difficult to prepare and very expensive," said Rhinehart. Soylent has a nutrition label that shows a full complement of nutrients, along with carbs, protein and fibre.

"There's a lot of regulation in food," said Rhinehart. "We have gone through all of the hurdles and testing and labeling and process control."

Rhinehart said the label doesn't tell the whole story — that Soylent has a complete amino acid profile and, according to the company's tests, a low glycemic index.

Rhinehart was Soylent's first test subject and he lives "90 per cent" on Soylent today, eating only the occasional social meal. He's gone through long periods of eating only Soylent, and "beta testers" — a tech term for people who try out a new product before it's release — have done the same.

Soylent raised more than \$2 million in pre-orders and found venture capital support. It also has many critics.

Two Canadian doctors who

Living on Soylent

"If someone starts doing this to simplify their lives, they don't have to spend as much time eating well and just by default will end up getting a lot healthier."

Soylent founder and CEO Rob Rhinehart

are experts in nutrition recommended that consumers wait until Soylent undergoes clinical testing.

Dr. David Lau, a professor of medicine biochemistry and molecular biology at the University of Calgary, said Soylent's ingredients "appear very complete," but he's concerned about how well they will be absorbed.

Gut flora, the micro-organisms that live in the digestive tract, are essential to human health but are still not well understood and the effect a Soylent diet would have is unknown, he said.

He said using beta testers is



Soylent founder Rob Rhinehart holds a glass of Soylent. FACEBOOK

"hocus pocus" and doesn't replace clinical trials that could determine long-term effects.

Dr. David Jenkins, a University of Toronto professor and the Canada research chair in nutrition and metabolism, said he'd like to see testing on the product's glycemic index. How the body absorbs Soylent and its post-meal effects are essential to understanding how useful and healthy it is, he said.



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Olympian Cherie Piper offers her predictions for the 2014 Games

About Cherie Piper:

- Age: 32
- Olympic gold medals: Three — 2002, 2006 and 2010
- World Championships: One — 2004
- Retired from Team Canada: Spring of 2013

Canadian to watch

Natalie Spooner, from Toronto. She's big, strong, a natural goal scorer.



International player to watch:

Noora Raty, known as the Finnish Fence. She gives Finland very strong goaltending. She's a game-changer.



Top 3 nations:

Gold: Canada
Silver: U.S.
Bronze: Finland



There were jeers before cheers



Cherie Piper at Blyth Academy in Whitby. She became a teacher at the school after retiring from Team Canada, and coaches hockey in the school's advanced sports program.

ELIZABETH BEDDALL/METRO

'Out on the ice, you can hear everything.' Olympic gold-medallist and Canadian hockey hero overcame taunts, insults to succeed



FERNANDO CARNEIRO
Metro in Toronto

Cherie Piper is a Canadian hockey hero.

So who would bully her? Me. And a good many others from my high school.

In 1996, Piper's high school, Albert Campbell CI, played my school, Sir Winston Churchill, in the Scarborough B finals.

When we met last month, Piper said she remembers that game well. "Out on the ice, you can hear everything that's yelled," she said. Ouch!

Churchill had a bus full of students at the arena to cheer on our girls. And we didn't know the difference between

supporting our team and putting down the opposition.

And Piper was the opposition. She skated circles around our girls and scored most goals in the blowout that followed.

Sharon Mejia, now 34, played against Piper.

"It was very frustrating, because she was clearly way above everybody else on the team," Mejia said.

So the Churchill crowd, mostly boys who saw the game as an opportunity to skip class, booed Piper. A lot.

"We were rowdy. We said things to bring her confidence down," said Imer Hernandez, who was in the stands.

Mejia said the more Piper was booed, the more she seemed to want the puck, and as Campbell ran up the score, the more insulting the Churchill kids became. The insults eventually turned sexual.

I was there, as Churchill's mascot, wearing a bulldog costume with an oversized head. I remember looking through the eyeholes and seeing Piper's dad put his arm around her mom



Sharon Mejia, bottom-row right, Fernando Carneiro, top-row centre (in the bulldog costume) and the 1995-96 Sir Winston Churchill women's hockey team.

SIR WINSTON CHURCHILL 1995-96 YEARBOOK

as she wiped her eyes.

"My mom and dad used their energy to protect me," Piper said.

While people accused her of embarrassing the other team, Piper said she thought of her teammates, many using equipment borrowed from Piper.

"Our goalie one year had never put on skates before," Piper said. "I used to run skating drills with the girls."

She remembers their weekly practices well. "Nobody

understands how much fun we had as a team," she said.

Nearly 16 years later, Hernandez said he's impressed by Piper's mental toughness.

"She was so young. I'd like to congratulate her for playing to the best of her ability while blocking all that."

As rough as the insults hurled at Piper in the Scarborough finals were, she said they're far from the worst.

Due to a shortage of girls playing hockey, when Piper

was eight, her parents had the choice of enrolling her in an under-16 women's league or a team of eight-year-old boys. They chose the boys' league.

"Some of the worst things were things that mothers from the other team would yell at me. They would tell their sons to go injure me or kill me," Piper said. "They couldn't handle the fact that their son was beat by a girl."

The behaviour of the Churchill kids at the Scarborough finals is learned behaviour, Piper said. She's now in a position to influence children differently — since retiring from the national team, she has become a teacher for Blyth Academy in Whitby.

"In my classroom there's no putting people down. There's no treating people differently," Piper said. "Retirement (from hockey) has been nice. I'm just enjoying being a normal person and not having to be at the rink or practice all the time."

When we parted, I apologized on behalf of Churchill.

She accepted it graciously.

Little Cherie

The girl? She's the one who scored on you

The first time Chris Piper watched her daughter climb a rope in gymnastics she was in for a big surprise. "Oh my God! That's my kid?" she asked.

While most other children were wobbling along, Cherie made it to the top.

To her mom, it was unfair that as a child Cherie was singled out for being "too good" and for taking up a spot on a boy's team.

"We would be at a tournament and hear parents talk about one team having a girl. They wouldn't look at the top players, they always guessed the boy with the long hair. They would yell at him and say that he shouldn't be on the ice," Chris Piper said. "I would reply, 'See the player who just put the puck in your net? That's the girl.'"

But there were times when Cherie cried.

"I said, 'Honey, if you want to quit, make it your decision. Don't let those people make the decision for you.'"

FERNANDO CARNEIRO/METRO



A young Cherie Piper is seen in this undated photo.

COURTESY CHRIS PIPER

Drummer in PM's band charged with assault

Schoolteacher suspended. Allegations of interference with two girls under the age of 14



JOE LOFARO
Metro in Ottawa

The RCMP says Phillip I. Nolan, who plays drums in a

band that often accompanies Prime Minister Stephen Harper, is facing charges of sexual assault and sexual interference against two girls.

A spokesman for Harper says the Prime Minister's Office is "shocked and disturbed" by the charges, which allegedly involve two girls under the age of 14 at the time of the incidents.

Nolan, 43, is also a teacher

at Avalon Public School, a middle school in east Ottawa. The Ottawa-Carleton District School Board said in a statement Nolan was removed from the classroom when an investigation began and was suspended Thursday after Ottawa police laid the charges.

Nolan faces five counts each of sexual assault, sexual interference, and sexual exploitation.

After a court released him on a \$5,000 bond Thursday afternoon, his Toronto-based lawyer, Lou Strezos, said his client is also "very shocked" about the charges.

"He has no criminal record," said Strezos. "He maintains his innocence."

Police allege the incidents took place between 1998 and 2000 during Nolan's tenure as a Grade 7 and 8 teacher.



Phil Nolan (far right) who plays drums in a band with Prime Minister Stephen Harper, is facing charges of sexual assault. CHRIS YOUNG/THE ASSOCIATED PRESS FILE

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'Not going to change'

Rob Ford refuses to attend pride

Toronto's mayor is back in the spotlight after making controversial comments about the city's prominent gay pride festival.

"I'm not going to go to the pride parade," he told the audience at a debate for mayoral hopefuls running in October's municipal election. "I've never been to a pride parade. So I'm not going to change the way I am."

THE CANADIAN PRESS

Federal budget

Public-sector sick days cost \$871M

The federal budget watchdog says public servants take an average of 11.5 paid sick days a year, compared with 18 days reported by Treasury Board President Tony Clement.

The parliamentary budget office estimates in a new report the salary paid for sick days reached \$871 million in 2011-12, about 68 per cent higher than the estimate 10 years prior.

THE CANADIAN PRESS

'Invasive' species?

Wild horses won't run free in Alberta

The capture of some of Alberta's wild horses is sparking anger from critics. The Alberta government says feral horses are an invasive species and damage the environment, so it's approved the capture of up to 200 for breeding and to be slaughtered.

THE CANADIAN PRESS

Better than last year

Flu shot 74 per cent effective

A new Canadian study says the flu shot was 74 per cent effective at preventing flu so severe that people needed medical treatment. That's better than last year, when the same researchers found the vaccine only cut cases by about 40 per cent.

THE CANADIAN PRESS

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Rubber hits the road

It's namaste for yoga-mat chemical in Subway's bread

Subway says it's in the process of removing a chemical from its bread as part of an ongoing effort to improve its recipes. The news comes after a blogger launched a petition this week asking the sandwich chain to stop using azodicarbonamide. The chemical, used in the bread "as a bleaching agent," is also used to make yoga mats and rubber shoes. **THE ASSOCIATED PRESS**

241M users in 2013

Twitter could use more followers as stock drops

Twitter's stock is sinking on worries that the short online messaging service is not popular enough.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.33¢ (+0.08 ¢)

TSX
13,713.40 (+153.71)

OIL
\$97.84 US (+\$0.46)

GOLD
\$1,257.20 US (+\$0.30)

Natural gas: \$5.02 US (-\$0.14)
Dow Jones: 15,628.53 (+188.30)

Will BlackBerry meet its Waterloo in keyboard battle?

Or will it be Seacrest out? Typo Products and Canada-based company in war of words over QWERTY iPhone add-on

Typo Products says BlackBerry is trying to hold a monopoly over smartphone keyboards, and that it shouldn't have to take its new iPhone case off the market.

The Los Angeles-based company, co-founded by American Idol host Ryan Seacrest, filed documents Wednesday in a California court defending itself against a patent infringement lawsuit.

BlackBerry accuses Typo of copying its keyboard design in an effort to capitalize on the smartphone maker's "commercial recognition and goodwill."

The company is seeking numerous rulings, including damages from Typo, all of Typo's profits and a stop to future sales of the keyboard technology.

The suit was filed in January and none of the allegations have been tested in court.

Typo disputes the claims made by BlackBerry, saying consumers will not be confused between the iPhone



Typo Products' iPhone keyboard case. TYPO PRODUCTS/THE CANADIAN PRESS

keyboard case, which sells for \$99 US, and an actual BlackBerry smartphone.

The Typo case attaches to an iPhone 5 or 5S, the most recent Apple smartphone models, both of which have touchscreen keyboards. The case adds about six millimetres in thickness and less than two centimetres in length.

About \$1.4 million US spent to develop the Typo keyboard, and the company

has sold about 4,000 cases since it debuted last month, said the legal documents.

Production capacity allows Typo to produce about 10,000 cases per month, it said.

So far, the Typo case has generated plenty of interest with orders for both January and February sold out, according to the company's website.

The idea for the Typo keyboard was born when Seacrest and its co-founder Laurence Hallier noticed their friends were carrying two phones — "one for typing and correspondence and an iPhone for virtually everything else," the company said on its website.

When BlackBerry filed its suit in January, the Waterloo, Ont.-based company outlined specifics of its keyboard layout and the roots of the current design in meticulous detail.

In its response, Typo attached pictures of various keyboard designs that date as far back as Smith Corona typewriters.

"BlackBerry never disclosed any of these Smith Corona products to the patent office," Typo said in the documents. "The QWERTY keyboard has been around since the 1870s and has been present in many messaging devices." **THE CANADIAN PRESS**

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JUDY'S TIP OF THE WEEK

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Judy Jobse, Service Manager

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OF SUPER BOWLS AND SPYING

1 Black History Month. It's February again, and another great opportunity to learn all about the heroes that have shaped not just the history of black people in North America, but the whole world. Until it's over and schools go right back to using the same old textbooks. Something tells me we're still a few Februaries away from complete enlightenment. #BHM

2 Bad, bad boy. It was the end of the world. There was darkness and violence and depravity. There were loud noises of motors running high, children crying and sirens wailing. Signs of the apocalypse? Nope, just Justin Bieber on the news again. #Bieber, #Bieberstripper, #DUI...

3 #MattressMack. The Houston furniture store owner's promotion backfired when he offered customers a full refund if the Seahawks were to beat the Broncos. Jim McIngvale honoured his commitment to the tune of \$7 million, but he did it gladly, because it was still cheaper than running a commercial during the Super Bowl.



THE METRO LIST

Mike Benhaim

metronews.ca

4 SUPER BOWL XLVIII. Poor Peyton Manning. All everyone did was talk about his football pedigree and five MVPs, but the closest the Broncos came to a touchdown dance was Bruno Mars' halftime performance. Oh sure, they scored a touchdown, but not while anyone was still watching. #worstsUPERBOWLEVER

5 Seconds of Summer. I have never heard a single original song by this Australian boy band, but the social media gods seem to smile on them because #5SOS keeps trending high. That's a whole lot of tweets. Now, if only they were actually saying something.

6 Woody Allen. The only thing funny about this story is how many twitter-ers or twits, or whatever, did not know that Allen was once

pseudo-stepfather to Soon-Yi, his wife. Some argue that she was adopted by Mia Farrow, not Woody, though he dated her for 12 of the child's formative years. It is not illegal. But to put matters into perspective, Allen and Farrow's biological son Ronan once

said, "My father is married to my sister. I'm his son and his brother-in-law!" #What??

7 Hoop-la. Raptors point guard Kyle Lowry was named the NBA's Eastern Conference Player of the Week, despite having been snubbed for the All-Star game. Technically, that was last week, but I still haven't gotten over it.

8 I spy. John Forster, head of Canada's eavesdropping agency, was all over social media and the news when he denied spying or any breach of privacy. For most of us, it was enough to just discover that we had an EAVESDROPPING agency!

9 Carrying the torch. Earlier this week, despite concerns about the venue for this year's winter games, Russian President Vladimir Putin declared that Sochi was ready. That could mean they're ready for the games, or that all pro-gay activists have been contained. Either way, they're ready. #sochi2014

10 Facebook. The pioneer social media site celebrated their 10th birthday this week. Ten years since dear old friends who'd drifted apart could find each other again, and 10 years since everyone else could too. Cheers! #BestofFacebook

ZOOM

Sochi starts, protests continue



YVES LOGGHE/THE ASSOCIATED PRESS

The world is watching

Gay rights activists stage a protest that they say evokes the hate crimes and humiliations that are motivated by homophobia in Russia, in Antwerp,

Belgium, Thursday. The Sochi Winter Olympics have begun, and many will be watching to see whether Russia will enforce its law banning gay "propaganda" among minors if athletes, fans or activists wave rainbow flags or speak out in protest.

THE ASSOCIATED PRESS

IOC's stance

- The IOC has reminded athletes that "no kind of demonstration or political, religious or racial propaganda is permitted in any Olympic sites." Athletes will be free to express their opinions at news conferences, however.

Russia's stance

- Vladimir Putin has said gays will be welcome in Sochi if they "leave the kids alone."
- Russia initially banned protests during the Games. Following international outcry, it set up a designated protest zone.

Clickbait



LUKE SIMCOE
Metro Online

Just because you're not in Sochi for the Winter Games doesn't mean you can't pretend. With your phone at your fingertips there are plenty of podium-ready apps to help you get into the Olympic spirit.

Sochi 2014 Medal Alert:

The official app of the Winter Games, it allows you to follow your favourite events or teams and get notified whenever a medal is awarded. Available for both Android and iOS.

SkiFree:

A veritable classic, this retro downhill skiing game has been ported to iOS. Follow an intrepid skier as he carves through gates while avoiding obstacles and the occasional Yeti. An Android version of the game, entitled You Are The Yeti!, lets you play as the titular sasquatch.

Age of Curling:

Nothing says Winter Olympics like burning a rock in the fourth end. If that sentence made any sense to you, try Age of Curling for iOS. Hailed as one of the better mobile curling games, it lets you play at venues like an 18th century Scottish castle.



THE CANADIAN PRESS FILE

Twitter

The creator of the Labradoodle says he has regrets about starting the designer dog craze because of health risks. But if you could mix any two breeds (with no health repercussions), what would you make?

@kjbwbf I love my Bugg (Boston Terrier x Pug)



@MegBlumenthal I would mix a Shar-Pei and a Poodle. The refined 'Poo-Pei'

@Canucklehead_ca Clearly 'Snoop Dogg' with 'Pitbull'! (I have no idea how breeding works)

Letters

RE: Booze, Bums, Beaches, Bad Blood, published Feb. 6, 2014

Alana Thomson has made some rather nasty allegations, which reflect her ignorance of Wreck Beach culture. She twisted my words about "beach dictates" into this being a naturist/nudity issue when it was her foghorn sales tactics, rudeness, and the littering of plastic sleeves on the beach which made her a target for authorities. Frankly, I don't "give a damn" about what Ms. Thomson wears or doesn't wear, but I do care about her greedy exploitation of our beloved beach for profit. Shame on her for trying to take down our beach with her. And, no one from the beach turned her in; she did it all by herself!

Judy E. Williams
chair,
Wreck Beach Preservation Society

WE WANT TO HEAR FROM YOU:

Send us your comments: vancouverletters@metronews.ca

Synopsis

Based on the book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History* by Robert M. Edsel, the movie stars Clooney, Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban and Hugh Bonneville as a motley crew of art historians, engineers and museum directors recruited to locate and rescue priceless art works stolen by the Nazis. When two members of their team are killed they are no longer observers but active participants in the war.

• Richard: ●●●●●

• Mark: ●●●●●



George Clooney co-wrote *The Monuments Men*, which opens this weekend. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Nothing monumental

The Monuments Men. George-Clooney-penned story about saving art in the Second World War skews a little too sentimental

Richard: Mark, this is a war-time comedy. Think Hogan's Heroes by way of Leonardo Da Vinci and you'll get the idea. It has some mild laughs — the biggest giggle, for Canadians anyway, comes from the Parisians who blame Matt Damon's terrible French on having spent too much time in Montreal — but also a great deal of reverence for the art and the work of the real-life monuments men. But what might have been an edgy, exciting look at an under-

reported slice of World War II history is reduced to an elegantly directed but somewhat dull film.

Mark: Richard, I was really looking forward to this movie. Three of my major obsessions are George Clooney, Nazis and art, although not necessarily in that order. But you're right; the movie is kind of a snooze in parts. There are some great scenes, but they don't quite add up. And at no time did I feel much of a sense of danger, probably because the war is ending and the Germans are already on the run. The great cast is mostly split up during the movie, so the expected camaraderie is absent. But there's one great reason to see this movie, and that's the prominent role of prickly nerd Bob Balaban.

RC: The cast is terrific. Balaban is a great actor, and an underused one, so it's always cool to see him trotted out in anything, but for me Bill Murray shows, once again, in a brief scene in a shower (no spoilers here), how his understated style can move an audience. No problems with the acting, but co-writers Clooney and longtime collaborator Grant Heslov appear to have taken a dose of sentimentality pills before putting pen to paper. The earnest, reverential tone is reinforced by old school pacing that focuses on the character and art over action and a rousing soundtrack that sounds airlifted in from a classic war-time era movie.

MB: Bill Murray, as always, proves that less is indeed more. There's a quasi-romance between Matt Damon and Cate

Blanchett that seemed forced to me, not to mention she wears the ugliest pair of shoes in the history of cinema. But all through the movie there's a moral dilemma that keeps being rammed down our throats. Is art valuable enough to risk human life for? The movie tells us over and over that it is, but to be honest, Richard, I'm not so sure. And if you're not sure, the urgency falls apart.

RC: It seems like you noticed Blanchett's shoes more than the art. Therein lies the movie's central problem.

MB: Well, I'm more of a modernist anyway. When they tell the story of how the Germans burned the Klees, Braques, and Picassos I nearly wept. This isn't a bad movie, Richard. I just hoped for a great one.

2 SCENE

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Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** Certified Fresh: 🍅 Fresh: 🍅 Rotten: 🍌 Audience response: 🍅 Audience anticipation for the film: +

Cornish on a Robocop rewind

A simpler time.

Australian actress reminisces about watching 1980s classic until her VHS tape wore out



NED
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Metro World News in Hollywood

Abbie Cornish has fond memories of the original Robocop, having grown up in Australia watching, re-watching and eventually wearing out a VHS copy of the 1987 film at far too young an age, thanks to her older brothers. So she hopes other fans of Paul Verhoeven's ultra-violent action flick will take her involvement in José Padilha's PG-13 remake as a major vote of confidence.

It was a different time, when you had to worry about VHS tapes wearing out.

And it was so devastating when they did — or if they tore! And sometimes you



Robocop, starring Abbie Cornish, opens next Wednesday. CONTRIBUTED

couldn't replace them either. It seems so silly, you'd be 10 years later trying to find another VHS of Robocop and you can't. It's like all of a sudden it becomes a collector's item.

What were some of your favourite parts of the original?

I mean, that scene is crazy when he goes in on his own and he gets blown apart. I know it sounds really violent because I was, like, 5 or 6 when I watched that, but that scene is just insane. It's really

classic. I love that movie. I really enjoyed watching it again. I watched it a couple of times before we made the movie, and people were like, 'Don't do that!' I was like, 'But I love it!'

Plus, this version is pretty different from the original.

Yeah, it's different. It's a whole different entity. Look, I really hope that the people who are skeptical about the film and are saying that they're not going to watch it because 'we

love the original Robocop and they shouldn't have remade it,' I really hope that they go to the cinemas and watch it because I think that they'll be pleasantly surprised.

The default position of any remake is skepticism, though.

I guess so. Maybe I've just never been privy to it. We retell stories all the time. Sometimes they're very well done and sometimes not so well done.

Animation



The Lego Movie

Director. Phil Lord, Christopher Miller

Stars. Chris Pratt, Elizabeth Banks

This story follows Emmet (Chris Pratt), an ordinary, rules-following, perfectly average LEGO minifigure who is mistakenly identified as the most extraordinary person and the key to saving the world. He is drafted into a fellowship of strangers on an epic quest to stop an evil tyrant, a journey for which Emmet is hopelessly and hilariously under-prepared.

Rotten Tomatoes™ score
Critics: 100% Audience: 96%

Action-Comedy



Vampire Academy

Director. Mark Waters

Stars. Zoey Deutch, Lucy Fry, Daniela Kozlovsky

Rose Hathaway (Deutch) is a Dhampir: half human-vampire, guardians of the Moroi, peaceful, mortal vampires living discretely within our world. Her legacy is to protect the Moroi from bloodthirsty, immortal Vampires, the Strigoi. This is her story.

Rotten Tomatoes™ score
Critics: TBA Audience: +

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Rescue (STC) Fri-Thu 12-2
To the Arctic (G) Fri-Thu 1

Dunbar Theatre

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The LEGO Movie (G) Mon 4-7-9
The LEGO Movie 3D (G) Fri 4-7-9 Sat-
Sun 1:30-4-7-9 Tue-Thu 4-7-9

Fifth Avenue Cinemas 2110 Burrard Street

American Hustle (14A) Fri-Thu 12:40-
3:40-6:40-9:40
August: Osage County (14A) Fri-Thu
12:50-3:50-6:50-9:35
Her (14A) Fri-Tue 1-4-7:10-10 Wed
1-4-10 Thu 1-4-7:10-10
The Monuments Men (PG) Fri-Thu
1:15-4:15-7-9:50
Philomena (PG) Fri-Thu 1:30-4:10-
6:30-9:20

Pacific Cinémathèque 1131 Howe Street

Breathless (STC) Fri 6:30 Sat 8:20
No Films Showing Today (STC)
Sun-Thu
Le Petit Soldat (STC) Fri 8:20 Sat 6:30

Park Theatre 3440 Cambie Street

The Great Beauty (14A) Fri-Sat 3:30-
6:30-9:30 Sun 12:30-3:30-6:30-9:30
Mon 12:30-3:30-6:30-9:20 Tue-Thu
3:30-6:30-9:20
The Metropolitan Opera: Rusalka
(STC) Sat 9:55

Rio on Broadway 1660 E. Broadway

Say Anything... (STC) Fri 11:30
Vancouver International Mountain
Film Festival (STC) Sat-Thu 2-7:30

Scotiabank Theatre Vancouver 900 Burrard St.

American Hustle (14A) Fri-Sun 1-4-7-
10:15 Mon 1-4-7:15-10:10 Tue 1:05-4-
7-10:05 Wed-Thu 1:05-4:05-7:05-10:05
The Hobbit: The Desolation of Smaug
(PG) Fri-Mon 12 Tue-Thu 1:50
The Hobbit: The Desolation of Smaug
3D (PG) Fri-Sun 3:30-7:05-10:35 Mon
3:30-7-10:30 Tue-Wed 5:20-9 Thu 9
Jack Ryan: Shadow Recruit (PG)
Fri-Sun 12:10-2:45-5:20-7:55-10:30
Mon 12:05-2:40-5:10-7:40-10:15 Tue
1:15-4:15-7:15-9:55 Wed 1:20-4:20-
7:20-9:55 Thu 1:20-3:55-6:25-9:55
Lone Survivor (14A) Fri 1:40-4:40-
7:40-10:40 Sat 4:40-7:40-10:40 Sun
1:40-4:40-7:40-10:40 Mon 1:20-4:15-
7:10-10:05 Tue 1:40-4:40-7:40-
10:30

The Metropolitan Opera: Rusalka
(STC) Sat 9:55
The Monuments Men (PG) Fri 12:50-
3:50-6:50-9:50 Sat 1:30-3:50-6:50-9:50
Sun 12:50-3:50-6:50-9:50 Mon 12:50-
3:50-6:50-9:45 Tue-Thu 12:50-3:50-
6:50-9:50 Fri 1:30-4:30-7:30-10:30 Sat
11:25-4:30-7:30-10:30 Sun 1:30-4:30-
7:30-10:30 Mon 1:30-4:30-7:30-10:25
Tue-Thu 1:30-4:30-7:30-10:30
Ride Along (PG) Fri 12:20-3:10-5:40-
8:10-10:45 Sat 3:10-5:40-8:10-10:45
Sun 12:20-3:10-5:40-8:10-10:45 Mon
12:20-2:55-5:25-7:55-10:25 Tue 12:45-
3:05-5:30-7:55-10:20
RoboCop (PG) Wed-Thu 12:30-3:30-
6:30-9:30 Wed-Thu 1-4-7-10
That Awkward Moment (14A) Fri-Sun
12:30-3:05-5:35-8-10:25 Mon 12:30-
3:05-5:35-8-10:20 Tue 1-3:20-5:40-
8-10:25 Wed-Thu 12:55-3:20-5:40-8-
10:20
The Wolf of Wall Street (18A) Fri-Sun
2:20-6:15-10:10 Mon 2:15-6:10-10 Tue
12:55-4:50-8:45 Wed-Thu 12:45-4:50-
8:45 Sat 11:15

Vancity Theatre Vancouver International Film Centre 1181 Seymour Street

Let the Fire Burn (STC) Tue-Thu 8:45
The Oscar Nominated Short Films
2014: Animated (STC) Tue-Thu 6:30
Spark FX Festival (STC) Fri-Sun
Sweet Dreams (STC) Mon 7

Esplanade 6 200 West Esplanade

American Hustle (14A) Digital
Presentation, Dolby Stereo Digital Fri
6:35-9:35 Digital Presentation, Dolby
Stereo Digital Sat-Mon 12:25-3:25-
6:35-9:35 Digital Presentation, Dolby
Stereo Digital Tue-Thu 6:35-9:35
Frozen 3D (G) Digital Presentation,
Dolby Stereo Digital Fri 6:45 Digital
Presentation, Dolby Stereo Digital Sat-
Mon 12:45-6:45 Digital Presentation,
Dolby Stereo Digital Tue-Thu 6:45
Frozen Sing-Along (STC) Digital
Presentation, Dolby Stereo Digital Fri
9:25 Digital Presentation, Dolby Stereo
Digital Sat-Mon 3:45-9:25 Digital
Presentation, Dolby Stereo Digital
Tue-Thu 9:25
Her (14A) Digital Presentation, Dolby
Stereo Digital Fri-Thu 9:15
Jack Ryan: Shadow Recruit (PG)
Digital Presentation, Dolby Stereo
Digital Fri 7:05-9:40 Digital Presenta-
tion, Dolby Stereo Digital Sat-Mon
12:40-3:50-7:05-9:40 Digital Presenta-
tion, Dolby Stereo Digital Tue-Thu
7:05-9:40
The LEGO Movie (G)

Presentation, Dolby Stereo Digital, No
Passes Fri 6:30 Digital Presentation,
Dolby Stereo Digital, No Passes Sat-
Mon 12:30-3:30-6:30 Digital Presenta-
tion, Dolby Stereo Digital, No Passes
Tue-Thu 6:30
The LEGO Movie 3D (G) Digital
Presentation, Dolby Stereo Digital, No
Passes Fri 7-9:20 Digital Presentation,
Dolby Stereo Digital, No Passes Sat-
Mon 1-4-7-9:20 Digital Presentation,
Dolby Stereo Digital, No Passes Tue-
Thu 7-9:20
Vampire Academy (PG) Digital
Presentation, Dolby Stereo Digital Fri
6:50-9:30 Digital Presentation, Dolby
Stereo Digital Sat-Mon 1:15-3:40-6:50-
9:30 Digital Presentation, Dolby Stereo
Digital Tue-Thu 6:50-9:30

Park & Tilford 333 Brooksbank Ave.

August: Osage County (14A) Fri 6:45-
9:30 Sat 3:40-6:45-9:30 Sun 12:40-3:40-
6:45-9:30 Mon 12:40-3:40-9:30 Tue
6:45-9:30 Wed 9:30 Thu 6:45-9:30
The Big Chill (STC) Mon 7
Labor Day (PG) Fri 7-9:40 Sat 10:30-
1:30-4:10-7-9:40 Sun-Mon 1:30-4:10-
7-9:40 Tue-Thu 7-9:40 Star & Strollers
Screening Thu 1
Lone Survivor (14A) Fri-Thu 9:35
The Metropolitan Opera: Rusalka
(STC) Sat 9:55
The Monuments Men (PG) Fri
6:50-9:50 Sat 10:05-12:50-3:50-6:50-
9:50 Sun-Mon 12:50-3:50-6:50-9:50
Tue-Thu 6:50-9:45 Star & Strollers
Screening Thu 1
The Nut Job (G) Sat 10:15-12:35 Sun-
Mon 12:35
The Nut Job 3D (G) Fri 7:15 Sat-Mon
2:45-4:55-7:15 Tue-Thu 7:15
That Awkward Moment (14A) Fri 7:30-
10 Sat 12:10-2:40-5-7:30-10 Sun-Mon
2:40-5-7:30-10 Tue-Thu 7:30-9:50
The Wolf of Wall Street (18A) Fri 8:15
Sat-Mon 12:30-4:15-8:15 Tue-Thu 8

SilverCity Riverport 14211 Entertainment Way

12 Years a Slave (14A) Fri-Thu 1:05-
7:25
About Last Night (STC) Thu 7-9:30
American Hustle (14A) Fri-Mon 1-4-
7:05-10:20 Tue-Thu 1:05-4-7:05-10:25
Arohana the Movie: The Flower We
Saw That Day (G) Sun 12:45 Wed 7:30
August: Osage County (14A) Fri-Thu
10:15
The Big Chill (STC) Mon 7
A Cinderella Story (PG) Sat 11
Dallas Buyers Club (14A) Fri-Mon
4:25-10:20 Tue-Thu 4:25-10:30
Endless Love (PG) No Passes Thu 9
Frozen (G) Fri-Mon 2:35 Tue-Thu 5
Frozen 3D (G) Fri-Mon 5:15-7:50
Tue-Thu 7:50
Frozen Sing-Along (STC) Fri 12 Sat
10:15-12 Sun-Mon 12 Tue-Thu
2:15

Gravity: An IMAX 3D Experience
(PG) Fri-Mon 12:30-3-5:30-8-10:30
Tue 1:05-3:25-5:40-8-10:30
Her (14A) Fri-Thu 10:35
The Hobbit: The Desolation of Smaug
(PG) Fri-Mon 12:05 Tue-Thu 2:30
The Hobbit: The Desolation of Smaug
3D (PG) Fri-Mon 3:30-7:05-10:25 Tue-
Thu 6:10-9:55
The Hunger Games: Catching Fire
(PG) Fri 12:25-3:40-6:50-10:25 Sat-Sun
3:40-6:50-10:25 Mon 12:25-3:40-6:50-
10:25 Tue 1-4:05-7:10-10:20
I, Frankenstein 3D (PG) Fri-Mon
12:55-3:20-5:45-8:15-10:35 Tue 2:45-
5:20-7:45-10:25 Wed 2:20-4:55-10:25
Thu 2:45-5:20-7:55-10:25
Jack Ryan: Shadow Recruit (PG)
Fri-Mon 12:10-2:50-5:25-8-10:10:45
Tue-Thu 2:50-5:25-8-10-10:45
Labor Day (PG) Fri 2-4:40-7:20-10:10
Sat 11:15-2-4:40-7:20-10:10 Sun-Mon
2-4:40-7:20-10:10 Tue-Wed 2-4:40-
7:20-10:05 Thu 1:35-4:15
The LEGO Movie (G) Fri 1:30-4:05-
6:40 Sat 11-1:30-4:05-6:40 Sun-Mon
1:30-4:05-6:40 Tue-Wed 1-3:30-6
Thu 4:30-7 Sat 10:30 Star & Strollers
Screening Thu 2
The LEGO Movie 3D (G) Fri 12-2:30-
5:05-7:40-10:10 Sat 10:45-12-2:30-5:05-
7:40-10:10 Sun-Mon 12-2:30-5:05-
7:40-10:10 Tue-Wed 2-4:30-7-9:30 Thu
1-3:30-6-8:30
Lone Survivor (14A) Fri-Sun 1:25-
4:25-7:25-10:30 Mon 1:10-4:10-10:30
Tue-Wed 1:10-4-7-10:10 Thu 1:10-4-
10:10
The Metropolitan Opera: Rusalka
(STC) Sat 9:55
The Monuments Men (PG) Fri-Mon
12:40-3:40-6:40-9:40 Tue-Wed 1-3:45-
6:40-9:40 Thu 4:45-7:25-10:25 Fri-Thu
1:20-4:20-7:20-10:20 Star & Strollers
Screening Thu 2
The Nut Job (G) Fri 1 Sat 10:35-1
Sun-Thu 1
The Nut Job 3D (G) Fri-Thu 3:15-
5:35-7:45
Odd Thomas (14A) Thu 7:30
Ride Along (PG) Fri-Mon 12:40-3:05-
5:30-8-10-10:40 Tue-Wed 2-4:35-7:05-
9:40 Thu 1:30-4:05-6:30
RoboCop (PG) Wed-Thu 1-3:45-6:45-
9:45
RoboCop: The IMAX Experience (PG)
Wed-Thu 1:30-4:30-7:30-10:30
Saving Mr. Banks (G) Fri-Thu 10:20
That Awkward Moment (14A) Fri
12:45-3:10-5:25-8-10:35 Sat 10:20-
12:45-3:10-5:25-8-10:35 Sun-Mon
12:45-3:10-5:25-8-10:35 Tue-Thu 2:10-
4:45-7:25-10:15
Vampire Academy (PG) Fri 12:15-2:45-
5:20-8-10:40 Sat 2:45-5:30-8-10:40
Sun-Mon 12:15-2:45-5:20-8-10:40
Tue-Thu 2:45-5:20-8-10:40
The Wolf of Wall Street (18A) Fri-Mon
12:45-4:45-8:45 Tue-Thu
1:50-5:50-9:45



Dolphin Cinemas 4555 E. Hastings St.

Frozen (G) Fri 4:30-6:40 Sat-Mon
2-4:30-6:40 Tue 4:30-6:40
The Hunger Games: Catching Fire
(PG) Fri-Tue 8:55
The LEGO Movie (G) Fri 4:50-7:30-
9:10 Sat-Mon 12:30-2:40-4:50-7:30-
9:10 Tue-Thu 4:50-7:30-9:10
RoboCop (PG) Wed-Thu 4:30-7:10-
9:35

SilverCity Metropolis 4700 Kingsway Ave.

American Hustle (14A) Fri-Sat 10:15
Sun 10 Mon 10:15 Tue-Thu 9:45
Anohana the Movie: The Flower We
Saw That Day (G) Sun 12:45 Wed 7:30
A Cinderella Story (PG) Sat 11
Frozen (G) Fri-Sat 12 Sun 11:45 Mon
12 Tue 1:35 Wed-Thu 1:45
Frozen 3D (G) Fri-Sat 2:35-5:15-7:45
Sun 2:20-5-7:30 Mon 2:35-5:15-7:45
Tue-Wed 4:35-7:15 Thu 4:40-7:15
The Hobbit: The Desolation of Smaug
3D (PG) Fri-Sat 9:55 Sun-Mon 9:40
Tue-Thu 9:15
I, Frankenstein 3D (PG) Fri-Sat
12:55-3:20-5:45-8:15-10:35 Sun 12:40-
3:05-5:30-8-10:20 Mon 1-3:20-5:45-
8:10-10:30 Tue 2:30-5:05-7:40-10:05
Wed 2:30-5:05-10:05 Thu 2:30-5:05-
7:40-10:05
Jack Ryan: Shadow Recruit (PG) Fri-Sat
2:45-5:20-7:55-10:30 Sun 2:30-5:05-
7:40-10:15 Mon 2:45-5:20-7:55-10:25
Tue 4:40-7:25-10 Wed 4:15-10 Thu
4:45-7:25-10
Labor Day (PG) Fri-Sat 12:10 Sun
11:55 Mon 12:10 Tue 1:45 Wed-Thu
1:40
The LEGO Movie (G) Fri 12 Sat 11-12
Sun 11:45 Mon 12 Tue-Thu 1:50
The LEGO Movie 3D (G) Fri-Sat
2:30-5:05-7:40-10:10 Sun 2:15-4:50-
7:25-9:55 Mon 2:30-5:05-7:40-10:10
Tue-Wed 4:20-6:55-9:40 Thu 4:25-
6:55-9:40
The Metropolitan Opera: Rusalka
(STC) Sat 9:55
The Monuments Men (PG) Fri 1:20-
4:20-7:20-10:20 Sat 11-1:40-4:20-7:20-
10:20 Sun 1:25-4:05-7:05-10:05 Mon
1:25-4:05-7:05-10 Tue-Wed 1:30-4:25-
7:10-9:50 Thu 1:30-4:30-7:10-9:50
The Nut Job (G) Fri-Sat 12:50 Sun
12:35 Mon 12:50 Tue-Thu 1:55
The Nut Job 3D (G) Fri-Sat 3:10-5:25-
7:35 Sun 2:55-5:10-7:20 Mon 3-5-15-
7:25 Tue-Wed 4:30-7 Thu 4:35-7
Ride Along (PG) Fri 12:05-3:45-6:05-
8:25-10:45 Sat 1:25-3:45-6:05-8:25-
10:45 Sun 11:50-3:30-5:50-8:10-10:30
Mon 12:05-3:45-6-8:15-10:30 Tue-Thu
2:20-5:10-7:45-10:15
RoboCop (PG) Wed-Thu 1:35-4:20-
7:05-9:50
That Awkward Moment (14A) Fri

12:40-3:05-5:35-8-10:25 Sat 3:05-5:35-
8-10:25 Sun 12:25-2:50-5:20-7:45-10:10
Mon 12:40-3:05-5:35-8-10:25 Tue 2:05-
4:50-7:30-9:55 Wed 2:05-4:50-7:40-9:55
Thu 2:05-4:50-7:30-9:55
Vampire Academy (PG) Fri-Sat 12:15-
2:50-5:30-8:05-10:40 Sun 12-2:35-5:15-
7:50-10:25 Mon 12:15-2:45-5:20-7:55-
10:25 Tue-Thu 2:10-5-7:35-10:10
The Wolf of Wall Street (18A) Fri
12:05-2:25-6:10-10 Sat 2:25-6:10-10
Sun 2:10-5:55-9:45 Mon 12:05-2:25-
6:05-9:45 Tue 1:40-5:25-9:10

SilverCity Coquitlam 170 Schoolhouse Street

About Last Night (STC) Thu 7-9:35
American Hustle (14A) Fri-Tue 12:50-
4-7:25-10:35 Wed 12:50-4-10 Thu
12:50-4-7:25-10:35 Fri-Tue 1:50-3:15-
6:30-9:45 Wed-Thu 4:50-8:30
Anohana the Movie: The Flower We
Saw That Day (G) Sun 12:45 Wed 7:30
The Attorney (STC) Fri-Thu 12:45-
3:50-7:10-10:05
The Big Chill (STC) Mon 7
A Cinderella Story (PG) Sat 11
Dallas Buyers Club (14A) Fri-Thu 9:45
Endless Love (PG) No Passes Thu 9:40
Frozen (G) Fri 4:15 Sat 11:10-4:15
Sun-Thu 4:15
Frozen 3D (G) Fri-Thu 6:50
Frozen Sing-Along (STC) Fri-Tue 12:35
Wed-Thu 1:35
The Hobbit: The Desolation of Smaug
(PG) Fri-Tue 12:20
The Hobbit: The Desolation of Smaug
3D (PG) Fri-Tue 3:15-6:45-10:15
I, Frankenstein 3D (PG) Fri-Thu 9:15
Jack Ryan: Shadow Recruit (PG) Fri-
Tue 12:10-2:45-5:20-7:55-10:40 Wed
1:40-4:25-7:05-9:40 Thu 1:40-4:25
Labor Day (PG) Fri-Tue 1:45-4:30-
7:15-9:55 Wed 4:30-7:15-9:55 Thu
1:45-4:30-7:15-9:55 Star & Strollers
Screening Wed 1
The LEGO Movie (G) Fri 1:30-4:05-
6:40 Sat 11-1:30-4:05-6:40 Sun-Tue
1:30-4:05-6:40 Wed 4:05-6:40 Thu
1:30-4:05-6:40 Star & Strollers Screen-
ing Wed 1
The LEGO Movie 3D (G) Fri-Tue
12-2:30-5:05-7:40-10:10 Wed-Thu 2:30-
5:05-7:40-10:10
Lone Survivor (14A) Fri-Sun 1:50-4:55-
7:50-10:45 Mon 1:05-3:55-9:45 Tue
1:50-4:55-7:50-10:45 Wed 1:05-3:55-
7:10-10 Thu 1:05-3:55-6:45 Fri-Tue
1:30-4:30-7:30-10:25
The Metropolitan Opera: Rusalka
(STC) Sat 9:55
Miss Granny (PG) Fri 1:10-4:10-7-10
Sat-Sun 4:10-7-10 Mon-Tue 1:10-4:10-
7-10 Wed-Thu 1:10-4-10-7-9:55
The Monuments Men (PG) Fri-Tue
12:50-4-7-10:05 Wed-Thu 3:45-6:50-
9:45 Fri-Thu 1:20-4:20-7:20-10:20
The Nut Job (G) Fri-Tue 12:30-2:55
Wed-Thu 12:55-3:05
The Nut Job 3D (G) Fri-Tue 5:10-7:30

Wed-Thu 5:15-7:30
Ride Along (PG) Fri-Thu 9:30
RoboCop (PG) Wed-Thu 4:15-7:15-
10:10 Wed-Thu 1:45-4:35-7:30-10:25
That Awkward Moment (14A) Fri-Tue
12:40-3:05-5:30-8:05-10:30 Wed-Thu
2:05-4:30-6:55-9:20 Fri-Tue 12:30-5-8-
10:45 Wed-Thu 5:30-8-10:30
Vampire Academy (PG) Fri-Tue
12:10-2:45-5:20-8-10:40 Wed-Thu 2:15-
5-7:45-10:30
The Wolf of Wall Street (18A) Fri-Thu
12:45-4:35-8:30 Fri-Tue 1:10-5:20-9:15
Wed-Thu 5:10-9:15

Clova
5732-176th St., Surrey,
The LEGO Movie (G) Fri 7 Sat-Sun
1:30-7 Mon-Thu 7

Hollywood 3 Cinema
7125-138th Street, Surrey
August: Osage County (14A) Fri-Thu
8:30
Cloudy With a Chance of Meatballs 2
(G) Fri 4:50 Sat-Mon 12-4:50 Tue-Thu
4:50
The Hunger Games: Catching Fire
(PG) Fri-Thu 6:50
Lone Survivor (14A) Fri-Thu 9:20
Philomena (PG) Sat-Mon 12:30
The Secret Life of Walter Mitty (G)
Fri-Thu 9:40 Fri 4:40-7 Sat-Mon 12-
2:20-4:40-7 Tue-Thu 4:40-7
Walking With Dinosaurs (G)
Fri 4:30 Sat-Mon 2:30-4:30 Tue-Thu
4:30
Walking With Dinosaurs 3D (G) Fri-
Thu 6:30

Strawberry Hill Grande 12161-72nd Ave, Surrey

A Cinderella Story (PG) Sat 11
Frozen (G) Fri-Mon 12 Tue-Thu 2:35
Frozen 3D (G) Fri-Mon 2:35-5:15-7:50
Tue-Thu 5:15-7:50
Hasee Toh Phasee (STC) Fri-Thu
1:30-6-9:35
The Hobbit: The Desolation of Smaug
(PG) Sat-Sun 12 Thu 2:40
The Hobbit: The Desolation of Smaug
3D (PG) Fri 6:40 Sat-Sun 3:30-7:05
Mon 7:05-10:30 Thu 6:40-10:10
I, Frankenstein 3D (PG) Fri-Mon
12:55-3:20-5:45-8:05-10:30 Tue 12:55-
3:20-5:45-8:05-10:25
Jack Ryan: Shadow Recruit (PG) Fri-
Thu 10:25
Jai Ho (14A) Fri-Thu 12:40-3:45-6:55-
10:05
Kirpaan: The Sword of Honour (PG)
Fri-Sat 12:50-4-7-10 Sun 12:50-4-7-
10:30 Mon-Thu 12:50-4-7-10
Labor Day (PG) Fri-Thu 2-4:40-7:15-10
The LEGO Movie (G) Fri 12:05 Sat 11-
12:05 Sun-Mon 12:05 Tue 1:15 Star &
Strollers Screening Wed 1 Thu 2:15
The LEGO Movie 3D (G) Fri-Mon
2:30-5:05-7:40-10:10 Tue-Thu 5:05-

7:40-10:10
The Monuments Men (PG) Fri-Tue
1:20-4:20-7:20-10:15 Wed 4:20-7:20-
10:15 Thu 1:20-4:20-7:20-10:15 Star &
Strollers Screening Wed 1
The Nut Job (G) Fri-Thu 1
The Nut Job 3D (G) Fri-Mon 3:15-5:35
Tue 3:15-6:35 Wed-Thu 3:15-5:35
RoboCop (PG) Wed-Thu 1:35-4:30-
7:25-10:20
That Awkward Moment (14A) Fri-Thu
12:45-3:05-5:30-8-10:20
The Wolf of Wall Street (18A) Fri-Mon
8:10 Tue 9:10 Wed-Thu 8:10

Studio 12 Guildford
15051-101st Ave, Surrey
American Hustle (14A) Stadium Seat-
ing, Dolby Stereo Digital Fri 4:05-6:25-
9:30 Stadium Seating, Dolby Stereo
Digital Sat-Mon 1-4:05-6:25-9:30 Sta-
dium Seating, Dolby Stereo Digital Tue
4:05-6:25-9:30 Stadium Seating, Dolby
Stereo Digital Wed-Thu 6:25-9:30
Bride for Rent (G) Stadium Seating,
Dolby Stereo Digital Fri 4:40-7:25-10
Stadium Seating, Dolby Stereo Digital
Sat-Mon 1:45-4:40-7:25-10 Stadium
Seating, Dolby Stereo Digital Tue 4:40-
7:25-10 Stadium Seating, Dolby Stereo
Digital Wed-Thu 7:25-10
Endless Love (PG) Stadium Seating,
Dolby Stereo Digital Thu 9:20
Frozen 3D (G) Stadium Seating, Dolby
Stereo Digital Fri 6:45 Stadium Seating,
Dolby Stereo Digital Sat-Mon 1:15-6:45
Stadium Seating, Dolby Stereo Digital
Tue-Thu 6:45
Frozen Sing-Along (STC) Fri-Tue 3:50-
9:20 Wed 9:20
Hasee Toh Phasee (STC) Stadium Seat-
ing, Dolby Stereo Digital Fri 4:20-7:45
Stadium Seating, Dolby Stereo Digital
Sat-Mon 1:10-4:20-7:45 Stadium Seat-
ing, Dolby Stereo Digital Tue 4:20-7:45
Stadium Seating, Dolby Stereo Digital
Wed-Thu 7:45
Jack Ryan: Shadow Recruit (PG)
Dolby Stereo Digital, Stadium Seating
Fri-Wed 9
Labor Day (PG) Fri 4:35-7:15-9:50
Sat-Mon 1:40-4:35-7:15-9:50 Tue 4:35-
7:15-9:50 Wed-Thu 7:15-9:50
The LEGO Movie (G) Stadium Seating,
Dolby Stereo Digital Fri 4-6:40-9:05
Stadium Seating, Dolby Stereo Digital
Sat-Mon 1:30-4-6:40-9:05 Stadium
Seating, Dolby Stereo Digital Tue
4-6:40-9:05 Stadium Seating, Dolby
Stereo Digital Wed-Thu 6:40-9:05
The LEGO Movie 3D (G) Fri 4:30-7:10-
9:35 Sat-Mon 2-4:30-7:10-9:35 Tue
4:30-7:10-9:35 Wed-Thu 7:10-9:35
The Monuments Men (PG) Stadium
Seating, Dolby Stereo Digital Fri 4:10-
7-9:45 Stadium Seating, Dolby Stereo
Digital Sat-Mon 1:20-4:10-7-9:45 Sta-
dium Seating, Dolby Stereo Digital Tue
4:10-7-9:45 Stadium Seating, Dolby
Stereo Digital Wed-Thu 7-9:45

The Nut Job (G) Dolby Stereo Digital,
Stadium Seating Fri 4:15-6:30 Dolby
Stereo Digital, Stadium Seating
Sat-Mon 1:35-4:15-6:30 Dolby Stereo
Digital, Stadium Seating Tue 4:15-6:30
Dolby Stereo Digital, Stadium Seating
Wed-Thu 6:30
Ride Along (PG) Dolby Stereo Digital,
Stadium Seating Fri 4:45-7:30-9:55
Dolby Stereo Digital, Stadium Seating
Sat-Mon 1:50-4:45-7:30-9:55 Dolby
Stereo Digital, Stadium Seating Tue
4:45-7:30-9:55 Dolby Stereo Digital,
Stadium Seating Wed-Thu 7:30-9:55
That Awkward Moment (14A) Stadium
Seating, Dolby Stereo Digital Fri
3:45-7:20-9:40 Stadium Seating, Dolby
Stereo Digital Sat-Mon 1:25-3:45-7:20-
9:40 Stadium Seating, Dolby Stereo
Digital Tue 3:45-7:20-9:40 Stadium
Seating, Dolby Stereo Digital Wed-Thu
7:20-9:40
Vampire Academy (PG) Stadium
Seating, Dolby Stereo Digital Fri
3:40-6:50-9:25 Stadium Seating, Dolby
Stereo Digital Sat-Mon 1:05-3:40-6:50-
9:25 Stadium Seating, Dolby Stereo
Digital Tue 3:40-6:50-9:25 Stadium
Seating, Dolby Stereo Digital Wed-Thu
6:50-9:25

Rialto 1732-152nd Street, White Rock

12 Years a Slave (14A) Fri-Thu 7
August: Osage County (14A) Fri 9:25
Sat-Mon 2:10-9:25 Tue-Thu 9:25
The Monuments Men (PG) Fri 7:10-
9:30 Sat-Mon 2-7:10-9:30 Tue-Thu
7:10-9:30

Criterion 4 White Rock 2381 King George Highway

American Hustle (14A) Fri 7:30 Sat-Mon
2-7:30 Tue-Thu 7:30
Frozen (G) Fri 7 Sat-Mon 2:20-7
Tue-Thu 7
Gravity (PG) Fri-Thu 9:30
The LEGO Movie (G) Fri 7:20-9:20 Sat-Mon
2:10-7:20-9:20 Tue-Thu 7:20-9:20
Ride Along (PG) Fri 7:10-9:25 Sat-Mon
2:30-7:10-9:25 Tue-Thu 7:10-9:25
RoboCop (PG) Wed-Thu 7:10-9:25

Colossus Langley 20090-91A Ave, Langley

12 Years a Slave (14A) Fri-Sun 12:15-
3:30-6:55-10:15 Mon 12:15-3:30-10:15
Tue 4:05-7:05-10:15 Wed 4:05-10:15
Thu 4:05-7:05-10:15
About Last Night (STC) Thu 7-9:45
American Hustle (14A) Fri-Mon
12:35-3:45-7-10:10 Tue 4:10-7:15-10:25
Wed-Thu 4:10-10:25
Anohana the Movie: The Flower We
Saw That Day (G) Sun 12:45 Wed 7:30
August: Osage County (14A) Fri-Mon
4:05-10 Tue-Thu 4:35-10:15

The Big Chill (STC) Mon 7
A Cinderella Story (PG) Sat 11
Endless Love (PG) No Passes Thu 9:30
Frozen (G) Fri-Mon 4:30 Tue-Thu 4:15
Frozen 3D (G) Fri-Mon 7:15 Tue-Thu 7
Frozen Sing-Along (STC) Fri 1:45 Sat
11:05-1:45 Sun-Mon 1:45
Gravity: An IMAX 3D Experience
(PG) Fri-Mon 12:30-2:50-5:10-7:30-
9:50 Tue 4:45-7:35-10
Her (14A) Fri-Mon 10:35 Tue-Thu 9:40
The Hobbit: The Desolation of Smaug
(PG) Fri-Mon 1:05
The Hobbit: The Desolation of Smaug
3D (PG) Fri-Wed 5-9 Thu 9 Thu 4:45
The Hunger Games: Catching Fire
(PG) Fri 12:20-3:35-7:05-10:20 Sat-Sun
3:35-7:05-10:20 Mon 12:20-3:35-7:05-
10:20 Tue 4-7:15-10:30
I, Frankenstein 3D (PG) Fri-Mon 10:15
Tue-Thu 10
Jack Ryan: Shadow Recruit (PG)
Fri-Mon 12:05-2:40-5:15-7:55-10:30
Tue-Thu 4:55-7:40-10:30
Labor Day (PG) Fri-Mon 2-4:40-7:20-
10:05 Tue-Thu 4:40-7:20-10:05
The LEGO Movie (G) Fri 1:50-4:25-7
Sat 11:10-1:50-4:25-7 Sun-Mon 1:50-
4:25-7 Tue 4:10-6:50 Wed 6:50 Thu
4:10-6:50 Star & Strollers Screening
Wed 3
The LEGO Movie 3D (G) Fri-Mon
12-2:30-5:05-7:40-10:10 Tue-Thu 4:40-
7:10-9:50
Lone Survivor (14A) Fri-Mon 1:25-
4:25-7:25-10:25 Tue-Wed 4:30-7:25-
10:20 Thu 4
The Metropolitan Opera: Rusalka
(STC) Sat 9:55
The Monuments Men (PG) Fri-Mon
1:20-4:20-7:20-10:20 Tue-Thu 4:35-
7:30-10:25 Fri 12:40-3:40-6:40-9:40 Sat
11:15-12:40-3:40-6:40-9:40 Sun-Mon
12:40-3:40-6:40-9:40 Tue 4-6:55-9:55
Wed 6:55-9:55 Thu 4-6:55-9:55 Star &
Strollers Screening Wed 3
The Nut Job (G) Fri 1 Sat 11:05-1
Sun-Mon 1
The Nut Job 3D (G) Fri-Mon 3:15-5:30-
7:45 Tue-Thu 4:50-7:30
Odd Thomas (14A) Thu 7:30
Philomena (PG) Fri-Mon 1:30-7:10
Tue-Thu 7:25
Ride Along (PG) Fri-Mon 12:45-3:10-
5:40-8:10-10:45 Tue-Wed 4:50-7:35-
10:10 Thu 4:10-6:50
RoboCop (PG) Wed-Thu 4:30-7:30-
10:30
RoboCop: The IMAX Experience (PG)
Wed-Thu 4-7-10
Saving Mr. Banks (G) Fri-Mon 9:45
Tue-Thu 9:30
That Awkward Moment (14A) Fri-Mon
12:40-3:05-5:35-8-10:30 Tue 4:20-7-
9:45 Wed-Thu 4:20-7:35-9:45
Vampire Academy (PG) Fri-Mon
12:10-2:45-5:20-8-10:40 Tue-Thu 4:20-
7:20-10:05
The Wolf of Wall Street (18A) Fri-Mon
12-4-8:05 Tue-Thu 4:05-8:05

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Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

Vanity Fair offers Paltrow olive branch despite feud

This should be interesting. Despite the feud between Gwyneth Paltrow and Vanity Fair, during which she reportedly instructed A-list friends to not work with the magazine or attend its events because of its planned "epic take-down" of her, editor Graydon Carter has included Paltrow on the invite list for its annual Oscar party, according to E! News.

Whether or not she attends, however, is yet to be seen. Carter did divulge, though, that rumours of plans for a counter-party were apparently fabricated. "There were reports that she was trying to scuttle our annual Oscar party, that she was going to organize a competing dinner," Carter says. "The Paltrow camp subsequently denied both claims."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Sorkin delivers candid opinion on Hoffman death

MELINDA TAUB
Metro World News

Philip Seymour Hoffman and writer Aaron Sorkin worked together only once, on Sorkin's film *Charlie Wilson's War*. But they had an important thing in common: They were both recovering addicts.

In the wake of Hoffman's death, the Newsroom creator is sharing some of his conversations with him. In an obituary for *Time*, he

writes that Hoffman told him, "If one of us dies of an overdose, probably 10 people who were about to won't." In other words, Sorkin writes, the death of a famous addict might scare a few other people on the edge into getting clean, and that's why, he says, it's important to be clear that Hoffman didn't die because he did heroin wrong, but because he did it at all.

"(Hoffman) did not die from an overdose of heroin — he died from heroin. We should stop implying that if he'd just taken the proper amount then everything would have been fine."

"He didn't die because he was partying too hard or because he was depressed," he added, "He died because he was an addict."

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Liquid Assets

Pinot Gris vs. Pinot Grigio



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Here's a question I was asked this week: Why do some vineyards call their wines Pinot Gris while others use Pinot Grigio?

Well, the white grape is French so Pinot Gris is its original name. Italy grows a clone of Pinot Gris that they call Pinot Grigio, well, because they're Italian, which is lighter and crisper than the French versions.

Lots of other countries grow Pinot Gris and deciding how to spell it is a combo of flavour profile and marketing savvy. Some feel Gris sounds more sophisticated. Others produce a richer wine that they compare to a French Pinot Gris so go with that spelling.

Since the popularity of Pinot Grigio is undeniable (which translates to profitable) the majority of countries that grow Gris choose to use it.

South Africa's Two Oceans 2013 Pinot Grigio (\$10.25 - \$11.29) is a great example. Clean and relaxed, it pays enough homage to its Italian cousins to make it more than worthy of the name. Try with mussels, white fish, chicken, veg dishes and semi-soft cheeses. **PRICES REFLECT RANGE ACROSS COUNTRY. PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Skip tired steak rub and opt for Asian influence

Pan Seared Flank Steak and Daikon Slaw. Dress up the classic cut of meat

Start by marinating the flank steak in five-spice powder, rice vinegar and soy sauce.

Then while the steak is absorbing all those rich flavours, grate a daikon radish (they resemble giant white carrots, but have a mild peppery bite) and toss it with grated fresh ginger, scallions and red bell pepper for a simple slaw with just enough assertiveness to cut through the savory heft of the steak.

If you want to keep this dish lean, serve it over brown rice. But if you are willing to embrace carbs, try it on a bun.

1. In a large zip-close plastic bag, mix the black pepper,

five-spice powder, red pepper flakes, 3 tablespoons of the vinegar and soy sauce. Add the flank steak, seal the bag, then turn to coat evenly. Refrigerate for at least 30 minutes or up to 2 hours.

2. Meanwhile, in bowl, stir together the daikon radish, red bell pepper, ginger, salt, the remaining 1 1/2 tablespoons of vinegar and the scallions. Set aside the slaw aside.

3. When you are ready to cook the steak, in a large skillet over medium-high, heat the oil. Add the steak and sear it for about 4 minutes per side, or until desired doneness.

4. Allow the steak to rest on a cutting board for 8 minutes. Slice the steak thinly across the grain, then serve with the daikon slaw that you had previously set aside. **THE ASSOCIATED PRESS**

Ingredients

- 1/2 tsp ground black pepper
- 1 tsp five-spice powder
- 1/2 tsp red pepper flakes
- 4 1/2 tbsp rice vinegar, divided
- 2 tbsp low-sodium soy sauce
- 1 lb flank steak
- 1 cup shredded daikon radish, patted dry with paper towels
- 1 red bell pepper, cored and sliced into thin matchsticks
- 1 1/2 tsp grated fresh ginger
- Pinch of salt
- 4 scallions, thinly sliced
- 1 tbsp canola or vegetable oil



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

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Winterruption

(Feb. 14-16, Granville Island)
Granville Island is gearing up to celebrate its ninth annual Winterruption, a truly unique Vancouver festival. New this year, join a Meet Your Makers tour showcasing Granville Island spirits and check out the Vancouver Fringe Festival's presentation of Hockey Night at the Puck and Pickle Pub at Studio 1398. Discover artist exhibits, local food, French films and pop-up dances around every corner of the island all weekend.



The Wellness Show

(Feb. 14 to 16, Vancouver Convention Centre)
Don't miss the return of this year's Wellness Show which promises to be bigger, better and healthier than ever. Featuring hundreds of vendors, fitness and lifestyle professionals, seminars and presentations, it's a definite stop for those looking to lighten up and feel better this year. Tickets are \$14.50 and more info can be found here: thewellnessshow.com/



Edible Canada's Festival Under the Bridge

(Feb. 14 to 16, Granville Island, Market Square)
Relive the excitement of the Vancouver 2010 Winter Olympics at Edible Canada House as part of Winterruption on Granville Island. Enjoy classic Canadian fare from Savoury Chef, beer from Granville Island Brewing, televised Sochi 2014 Winter Olympic events, live bands and more. Details at EdibleCanada.com.
@ecfest2014 #ECHouse.



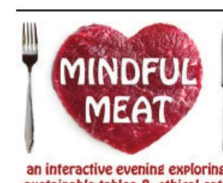
Northwest Comedy Fest

(Feb. 13-22, various venues)
If you're looking for laughs, NorthWest Comedy Fest is definitely worth checking out. As Vancouver's newest comedy festival taking over various venues for a week of fun, catch stand-up favourites, newcomers and pop-up performers. Learn more about this inaugural event and grab tickets to shows here: northwestcomedyfest.com/



Coming up: BC Home+Garden Show

(Feb. 19-23, BC Place Stadium)
The BC Home + Garden Show is the most trusted resource for every home improvement project. With big names like Bryan Baeumler, star of HGTV's Leave It To Bryan alongside more than 425 exhibitors and a slew of exciting new features, there's real advice and real inspiration at every turn. For tickets and info visit: bchomeandgarden-show.com/



Coming up: Mindful Meat at River Market

(Feb. 22, 810 Quayside Dr.)
Factory farming, mis-labeled organics and GMOs are just a few of the issues troubling our food system. The subject will be on the table at River Market, when Urban Digs Farm presents Mindful Meat, an interactive evening exploring sustainable tables and ethical eats. For more information, visit: urbandigsfarm.com/mindful-meat

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CFL

Lions name Paopao as receivers coach

Joe Paopao has returned to the B.C. Lions in a coaching capacity.

The local Canadian Football League team announced Thursday that Paopao is the new receivers coach.

Paopao's history with the Lions dates back to the late 1970s. He was the quarterback in two different stints, then served in numerous coaching roles, including as the head coach in 1996.

He last spent time with B.C. as the offensive co-ordinator in 1999 and 2000.

"Joe is a meticulous teacher who demands a detailed approach to the game from his players," head coach Mike Bennevies said in a statement. **METRO**

Snowboarding

O'Brien advances to slopestyle final

Spencer O'Brien of Courtenay, B.C., reached the women's slopestyle final with a third-place effort (82.75) in her heat on the first day of the Sochi Olympics Thursday.

Making its debut, the slopestyle event also saw reigning X Games champion Maxence Parrot of Bromont, Que., lead the men's field with 97.50 points. Sebastien Toutant of L'Assomption, Que., also qualified for the final with a third-place finish (87.25) in his heat.

Regina's Mark McMorris placed seventh in his heat and will have to compete in the semifinals.

THE CANADIAN PRESS



Henrik Sedin will be held out of the Sochi Olympics due to a rib injury. GETTY IMAGES FILE

Henrik Sedin to miss Sochi Games

Hockey. Rib injury will also cost Canucks captain two games prior to the Olympics



CAM TUCKER
cam.tucker@metronews.ca

Henrik Sedin's Olympic hopes were dashed Thursday.

Sedin will not play for Sweden at the upcoming Sochi Olympics, the Canucks announced Thursday afternoon, after multiple reports stating the same thing surfaced earlier in the day.

"I'm disappointed not to be physically able to represent my

country at the Winter Olympic Games," Sedin said in a statement. "This is a difficult decision, but ultimately the best decision for me personally, Team Sweden and the Vancouver Canucks. I wish my teammates the best and look forward to returning to play."

He's missed six of the last eight games with a rib injury suffered on Jan. 16.

Sedin returned to the lineup for two games — against the Detroit Red Wings and Boston Bruins earlier this week — but, despite his courageous efforts, was largely ineffective on the ice, prompting debate about whether he should go to Sochi.

He was shown numerous times on television struggling in pain on the bench, too.

Canucks lose sixth straight

Max Pacioretty scored a hat trick to give the Montreal Canadiens a 5-2 victory over the Canucks on Thursday, extending Vancouver's losing streak to six games, which includes three since head coach John Tortorella's return from a 15-day suspension.

- Chris Higgins and Alexander Edler scored for Vancouver. Roberto Luongo stopped 25 shots.

Prior to Thursday's road game against the Montreal Canadiens, the Canucks shut Sedin down for the remaining

two regular-season games prior to the Olympic break.

Canucks general manager Mike Gillis told Team 1040 radio that the decision to let Sedin compete in the Olympics would ultimately be up to the team's doctor.

"If the team doctor says he's not fit to play then he doesn't play, and that's the reality of the IOC-NHL relationship to allow players to go," said Gillis.

There are also questions surrounding Canucks defenceman Dan Hamhuis and whether he will be able to play for Canada in Sochi, after he sat out Tuesday in Boston and Thursday in Montreal with what Gillis called "a soft-tissue injury."

"That'll depend on the next couple days," said Gillis.

4 SPORTS

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Canada's Justine Dufour-Lapointe reacts after a qualifying run in the women's moguls at the Rosa Khutor Extreme Park on Thursday in Sochi. Justine and her sisters Chloe and Maxime all qualified for Saturday's final. ANDY WONG/THE ASSOCIATED PRESS

Ski sisters cinch spots in finals

Women's moguls.

Dufour-Lapointe sisters, Audrey Robichaud place in top 10 in qualifiers

The Dufour-Lapointe sisters all have a spot in the women's moguls finals at the Sochi Olympics.

Defending champion Hannah Kearney of the United States cruised through qualifying on Thursday, posting a score of 23.05, well clear of Montreal's Chloe Dufour-Lapointe (22.64) for the top spot.

Justine Dufour-Lapointe (22.28) took third and Maxime Dufour-Lapointe (20.88) finished eighth, assuring all three sisters a spot in the finals.

All three sisters declined to speak to the media after qualifying to concentrate on preparing for Saturday's final. Quebec City's Audrey Robichaud also qualified, placing ninth with a score of 20.61.

It's a return to Olympic competition for Robichaud, who qualified for the 2006 Turin Olympics at age 17 before missing out on the 2010

Quoted

"It feels good to be back."

Audrey Robichaud, who nearly missed out on the Sochi games due to a knee injury.

Vancouver Games.

She nearly missed out on these Games due to a knee injury that sidelined her for part of the season.

"I really made a lot of progress, but the fact that I had not skied in competition last month worried me a little," Robichaud said. "It feels good to be back."

Kearney, the defending Olympic champion, posted the second-fastest time down the hill and highlighted it with a pair of well executed if not quite perfect jumps that allayed any concerns about the course's safety.

"I think that everywhere we go, every World Cup venue, we show up and say, 'Oh, my god. How are we going to make it down this course? This is impossible,'" Kearney said.

After some tweaking by officials, the slopes of the Caucasus Mountains looked no different than most other moguls events over the last four years. **THE CANADIAN PRESS**

Did you know?

100+

Freestyle skiing dates back more than 100 years, with records of skiers performing somersaults on skis at the start of the 20th century in Norway, Italy and Austria. The first professional competitions were in 1971, and it entered the Olympic program in 1992.

Inter-Canadian duel

Defending moguls champion Alex Bilodeau's toughest competition could come from Canadian teammate Mikael Kingsbury, pictured.



Sports psychology. Team Canada ready for pressure, former VANOC doc says

Canada's Olympic athletes are now better equipped to handle the pressures of the world's biggest stage, believes psychologist Dr. Karen MacNeill.

"I would say the evolution of sports psychology ... I think it's definitely evolved," MacNeill told Metro in a phone interview on Thursday.

"Where you see they are equipped in performance execution. When you're looking at our medal count increasing ... that to me spells that, are we really that more technically and physically proficient, or is it just that we've caught up on the mental fitness side of things as well?"

The Opening Ceremonies for the 2014 Sochi Olympics are Friday. Hard to imagine, but it's been four years since Canada's golden athletic celebration that took place in Vancouver and captivated a nation.

Canada finished with a record-setting 14 gold medals in Vancouver, the most of any other nation to compete at a Winter Games. And there's a

Quoted

"I would say the evolution of sports psychology ... I think it's definitely evolved,"

Dr. Karen MacNeill, psychologist who worked with the Vancouver Olympic Committee's medical team in 2010.

winning expectation filtering down from the executive level of the Canadian Olympic Committee right on down through the athletes for Sochi.

"Does that create pressure? Well, I think at this point that's what we want our athletes to tolerate," said MacNeill, who is based out of Calgary but worked with the Vancouver Olympic Committee's medical team in 2010.

"I think coming from the COC, they're just saying this is what we expect because we believe in you. We think you can. If the athletes have done their job, they can internalize that as support as opposed to a threat." **CAM TUCKER/METRO**

WHAT CANADA DID

THURSDAY

SNOWBOARD

Men's Slopestyle Qualification - Heat 1: y-Sebastien Toutant, L'Assomption, Que., 3rd (87.25); x-Charles Reid, Mont-Tremblant, Que., 9th (75.50); **Heat 2:** y-Maxence Parrot, Bromont, Que., 1st (97.50); x-Mark McMorris, Regina, 7th (89.25).

Ladies' Slopestyle Qualification - Heat 1: y-Spencer O'Brien, Courtenay, B.C., 3rd (82.75); **Heat 2:** x-Jenna Blasman, Kitchener, Ont., 6th (60.25). y-advances to final; x-advances to semifinal

FREESTYLE SKIING

Ladies' Moguls Qualification - y-Chloe Dufour-Lapointe, Montreal, 2nd (22.64); y-Justine Dufour-Lapointe, Montreal, 3rd (22.28); y-Maxime Dufour-Lapointe, Montreal, 8th (20.88); y-Audrey Robichaud, Quebec City, 9th (20.61). y-advances to final

FIGURE SKATING

Team Men Short Program - Patrick Chan, Toronto, 3rd (89.71).

Team Pairs Short Program - Meagan Duhamel, Lively, Ont., and Eric Radford, Balmertown, Ont., 2nd (73.10)

THURSDAY'S RESULTS

FIGURE SKATING

At Sochi, Russia

Team Event

Men's Short Program

1. Yuzuru Hanyu, Japan, 97.98; 2. Evgeny Plushenko, Russia, 91.39; 3. Patrick Chan, Toronto, 89.71; 4. Yan Han, China, 85.52; 5. Florent Amodio, France, 79.93.

6. Peter Liebers, Germany, 79.61; 7. Jeremy Abbott, United States, 65.65; 8. Yakov Gudzorzh, Ukraine, 60.51; 9. Matthew Parr, Britain, 57.40; 10. Paul Bonifacio Parkinson, Italy, 53.94.

Pairs Short Program

1. Tatiana Volosozhar and Maxim Trankov, Russia, 83.79; 2. Meagan Duhamel, Lively, Ont., and Eric Radford, Balmertown, Ont., 73.10; 3. Peng Cheng and Zhang Hao, China, 71.01; 4. Stefania Bertone and Ondrej Hotarek, Italy, 70.31; 5. Marissa Castelli and Simon Shnapir, United States, 64.25; 6. Maylin Wende and Daniel Wende, Ger-

many, 60.82; 7. Vanessa James and Morgan Cipres, France, 57.45; 8. Narumi Takahashi and Ryuichi Kihara, Japan, 46.56; 9. Julia Lavrentieva and Yuri Rudyk, Ukraine, 46.34; 10. Stacey Kemp and David King, Britain, 44.70.

SNOWBOARD

At Krasnaya Polyana, Russia

Top 3 results from each Heat

QUALIFYING

(Start position in parentheses)

Heat One — Run One

1. (12) Preeti Piironen, Finland, 90.75; 2. (10) Chas Guldemeind, United States, 86.00; 3. (5) Niklas Mattsson, Sweden, 82.75.

ALSO

5. (7) Sebastien Toutant, L'Assomption, Que., 74.25; 8. (3) Charles Reid, Mont-Tremblant, Que., 54.50.

Run 2

1. (8) Staale Sandbech, Norway, (45.25; 94.50) 94.50; 2. (7) Sebastien Toutant, L'Assomption, Que., (74.25; 87.25) 87.25; 3. (14) Jamie Nicholls, Britain, (62.25; 86.75) 86.75.

Also

7. (3) Charles Reid, Mont-Tremblant, Que., (54.50; 75.50) 75.50.

Heat 2 — Run 1

1. (6) Sven Thorgren, Sweden, 94.25; 2. (4) Maxence Parrot, Bromont, Que., 91.75; 3. (10) Clemens Schattschneider, Austria, 90.00.

Also

12. (9) Mark McMorris, Regina, 29.50.

Run 2

1. (4) Maxence Parrot, Bromont, Que., (91.75; 97.50) 97.50; 2. (3) Roope Tonteri, Finland, (33.75; 95.75) 95.75; 3. (1) Gjermund Braaten, Norway, (12.75; 91.25) 91.25.

Also

5. (9) Mark McMorris, Regina, (29.50; 89.25) 89.25.

Final Ranking

1. Maxence Parrot, Bromont, Que., (91.75; 97.50) 97.50 (QF); 1. Staale Sandbech, Norway, (45.25; 94.50) 94.50 (QF); 2. Roope Tonteri, Finland, (33.75; 95.75) 95.75 (QF); 2. Preeti Piironen, Finland, (90.75; 80.00) 90.75 (QF); 3. Sven Thorgren, Sweden, (94.25; 36.75) 94.25 (QF); 3. Sebastien Toutant, L'Assomption, Que., (74.25; 87.25) 87.25 (QF).

Also

7. Mark McMorris, Regina, (29.50; 89.25) 89.25 (QS); 9. Charles Reid, Mont-Tremblant, Que., (54.50; 75.50) 75.50 (QS).

Defending Mother Russia

Ovechkin to critics: Knock it off

The Russian Olympian and face of the Games told reporters at the Washington Capitals' morning skate Thursday that people were going out of their way to find faults with the host city.

"I've been in three Olympic games. And I remember Torino and Vancouver and nobody said about something bad in Vancouver or Torino," Alex Ovechkin said in Arlington, Va. "And why you guys always have something, try to find some bad things in Sochi ..."

"Enjoy it and don't like find like bad stuff out there. Everything, like, in Torino we lived where construction was and nobody say about that."

Most of the problems documented in Sochi this week have had to do with hotels for visiting media members not being finished and problems like no hot water and light bulbs in rooms.

THE CANADIAN PRESS

WOMEN'S SLOPESTYLE

Top 5 results from each Heat

QUALIFYING

(Start position in parentheses)

Heat One

Run One

1. (11) Torah Bright, Australia, 85.25; 2. (4) Spencer O'Brien, Courtenay, B.C., 82.75; 3. (5) Isabel Derungs, Switzerland, 82.50.

Run 2

1. (5) Isabel Derungs, Switzerland, (82.50; 87.50) 87.50; 2. (11) Torah Bright, Australia, (85.25; 80.00) 80.00; 3. (6) Christy Prior, New Zealand, (67.50; 70.50) 70.50

Also

4. (4) Spencer O'Brien, Courtenay, B.C., (82.75; 65.00) 65.00; 5. (7) Aimee Fuller, Britain, (44.50; 39.00) 39.00.

Heat 2

Run 1

1. (6) Jamie Anderson, United States, 93.50; 2. (2) Anna Gasser, Austria, 89.50; 3. (8) Elena Koenz, Switzerland, 86.25.

Also

5. (4) Jenna Blasman, Kitchener, Ont., 60.25.

Run 2

1. (2) Anna Gasser, Austria, (89.50; 95.50) 95.50; 2. (10) Karly Shorr, United States, (45.00; 84.75) 84.75; 3. (11) Jessika Jensen, United States, (34.00; 58.50) 58.50.

Also

4. (4) Jenna Blasman, Kitchener, Ont., (60.25; 51.50) 51.50; 5. (3) Silje Norendal, Norway, (31.00; 39.00) 39.00.

Final Ranking

1. Anna Gasser, Austria, (89.50; 95.50) 95.50 (QF); 1. Isabel Derungs, Switzerland, (82.50; 87.50) 87.50 (QF); 2. Jamie Anderson, United States, (93.50; 93.50) 93.50 (QF); 2. Torah Bright, Australia, (85.25; 80.00) 85.25 (QF); 3. Elena Koenz, Switzerland, (86.25; 38.00) 86.25 (QF); 3. Spencer O'Brien, Courtenay, B.C., (82.75; 65.00) 82.75 (QF).

Also

6. Jenna Blasman, Kitchener, Ont., (60.25; 51.50) 60.25 (QS).

FREESTYLE SKIING

At Krasnaya Polyana, Russia

WOMEN'S MOGULS QUALIFYING

Run 1

1. Hannah Kearney, United States, 23.05 (Q); 2. Chloe Dufour-Lapointe, Montreal, 22.64 (Q); 3. Justine Dufour-Lapointe, Montreal, 22.28 (Q); 4. Eliza Outtrim, United States, 21.51 (Q); 5. Perrine Laffont, France, 21.34 (Q).

Also

8. Maxime Dufour-Lapointe, Montreal, 20.88 (Q); 9. Audrey Robichaud, Quebec City, 20.61 (Q).

Also

Horoscopes

Aries

March 21 - April 20

Focus on what you desire more than anything and there is a great chance you will get it. Your mind is a powerful tool. If you use it to make a request, the universe will respond.

Taurus

April 21 - May 21

Do you carry on with a difficult task or do you end it and focus on something a bit easier? Only you can decide but it does seem a bit of a waste to give up on it so soon.

Gemini

May 22 - June 21

The changes you make on the work front over the next few days will have huge effects over the coming months, so think carefully and, if there is any doubt, leave things as they are for the time being.

Cancer

June 22 - July 23

Whatever kind of news you receive over the next 24 hours, you are advised to keep an open mind. A couple of weeks from now, you will have more important issues to deal with. So, don't take what you hear now too seriously.

Leo

July 24 - Aug. 23

You need to make a decision about a partnership or relationship matter. If you don't, the issue will be taken out of your hands and other people will make the decision for you.

Virgo

Aug. 24 - Sept. 23

It's important that you don't let anxieties get the better of you, especially where your health is concerned. You tend to fear the worst for no good reason at this time of year but eventually your fears will fade.

Libra

Sept. 24 - Oct. 23

Put the finishing touches on something creative, something that could bring you the recognition you feel you deserve. Even if it doesn't make you rich and famous, it will still be a job well done.

Scorpio

Oct. 24 - Nov. 22

If you must get involved in a dispute between friends, make sure you are even-handed. If you give the impression that you favour one side more than the other, you will make things worse than if you had left it alone.

Sagittarius

Nov. 23 - Dec. 21

Change is good, change is positive, so whatever else you do today, don't fight the changes that come your way. You were designed by the cosmos try out new things.

Capricorn

Dec. 22 - Jan. 20

If you want something enough, you'll find a way to get it but it may cost you a great deal of time and energy. You have to decide whether the sacrifice is worth it.

Aquarius

Jan. 21 - Feb. 19

You have this feeling that if you don't act quickly, you'll miss out on something big. Maybe you're right, but is it really important? The planets urge you to focus on what you've already begun.

Pisces

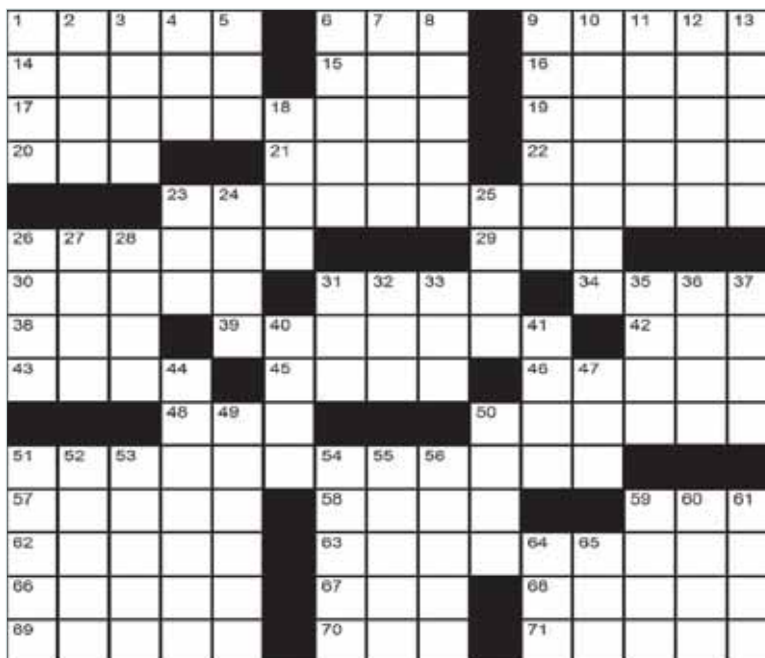
Feb. 20 - March 20

What society tells you is important and what your inner voice tells you is important are likely to be different. You should never go against your instincts. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Anton Chekhov play, Uncle ____
- The ____-i-Noor Diamond
- Sedimentary rock
- 'E' of TSE
- ____ pro nobis (Pray for us, in Latin)
- Carpentry joint, mortise and ____
- "Reach for the Sky (____ Mix)" by Maestro Fresh Wes feat. Classified & Blue Rodeo
- Grain fungus
- Consumed
- "Soap" surname
- Awaken
- February 7th, 2014 - Winter Olympics: Canada's flag-bearer at the Opening Ceremony, Hayley ____
- Stick to
- 'Opt' suffix
- Radiance
- Feudal system land
- Jennifer of "Pride and Prejudice" (1995)
- Long period
- 1957: Russian satellite, ____ 1
- ____ lamp
- Field
- Nullify
- ____ spot on the team
- Baking meas.
- Cadbury treat,



- Crispy ____
- Russian pianist/composer, b.1873 - d.1943 [var. sp.]
- Spry
- Organic compound
- Discuss
- Library item
- St. Petersburg, Russia: The State ____ Museum

- W. ____ Wilson (Canadian entrepreneur)
- Hi-____ graphics
- Jean-____ (Montreal metro station)
- "Rawhide" role
- Rowdy
- City in Russia, Ulan-____
- Thespian's home **Down**

- Singer/songwriter Suzanne
- Quite often: 2 wds.
- Egypt's river
- Greeted, Rocky-style
- Cash dispenser, commonly
- Imaging company
- Pontificate
- Guitarist, Eddie Van ____

- "Connected" by ____ MC's
- Lorde album: "Pure ____"
- Canadian pollster, Dr. ____ Reid
- On the lam
- Insert
- ____ A Sketch (Retro toy)
- Obi-____ Kenobi
- Frosts

- Sound system sort
- On the briny
- Thunder god
- Prong
- Playfulness
- "____ be nice if..."
- Lanois' U2 co-producer
- Hey-you're-in-my-way device
- "The Mod Squad" role, ____ Hayes
- "In the Valley of ____" (2007)
- Insect stage
- Sawing cut
- Olympics competitor
- Montreal musician, Melissa ____ der Maur
- Extracts metal from ore
- Musicals star Mr. Wilkinson
- Darted past: 2 wds.
- Ancient marketplace
- Spotted cat-like mammal
- Jacket type
- Marvin Gaye/Tammi Terrell hit: "You're All ____ to Get By"
- Scandinavian
- Bash
- Worked up
- Singer, ____ King
- Possessive pronoun
- Ink-on-skin pic

Yesterday's Crossword

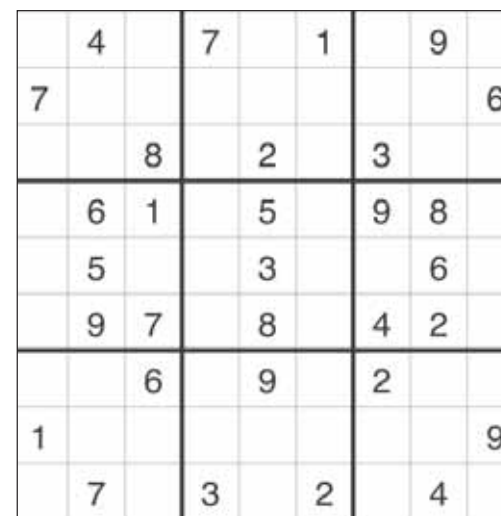


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

0°/-5°
Partly cloudy

Saturday

1°/-4°
Partly cloudy

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Travel Mar 26 - Apr 3

Business class from \$1149.

	Economy from	Business from
Las Vegas Travel Mar 11 - Mar 18	\$325	\$1309

San Francisco Travel Mar 12 - Mar 19	\$359	\$1109
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Toronto Travel Mar 5 - Mar 12	\$529	\$2475
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New York Travel Mar 12 - Mar 19	\$549	\$2749
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London Travel Feb 18 - Feb 27	\$805	\$4955
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Dubai Travel Apr 8 - Apr 23	\$1099	\$4589
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Sydney Travel Mar 25 - Apr 9	\$1465	\$4715
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International Flights

Paris

\$985
from
Travel Sep 11 - Sep 26

Lima Travel Mar 11 - Mar 18	from \$909
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Amsterdam Travel May 19 - Jun 3	from \$929
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Rome Travel Mar 11 - Mar 25	from \$1099
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Buenos Aires Travel Apr 7 - Apr 21	from \$1165
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Tokyo Travel Apr 2 - Apr 16	from \$1169
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Auckland Travel Mar 25 - Apr 8	from \$1469
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Hawaii Flights

Maui

\$469
from
Travel Mar 6 - Mar 11

Honolulu Travel Mar 6 - Mar 12	from \$479
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Hawaii Travel Apr 1 - Apr 15 Vancouver - Honolulu - Maui - Vancouver	from \$799
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Air Canada Flights

Calgary

\$409
from
Travel Jun 3 - Jun 10

Miami Travel Apr 1 - Apr 8	from \$565
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Montreal Travel Mar 19 - Mar 26	from \$669
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Halifax Travel Mar 18 - Mar 25	from \$779
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Los Cabos Travel Mar 4 - Mar 11	from \$499
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Puerto Vallarta Travel Mar 4 - Mar 12	from \$499
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Costa Rica Travel Mar 11 - Mar 18	from \$765
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Manila Travel Apr 1 - Apr 15	from \$1019
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Las Vegas

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\$349^Ω
from

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Whistler 2 Nights

from **\$315^{pp}**
INCLUDES all-suite accom in the Village.
ADD 2-day lift ticket from \$199.

Palm Springs

Flights + 3 Nights from **\$529**
INCLUDES central accom.

New York Flights + 3 Nights

from **\$675**
INCLUDES Manhattan accom.

Honolulu Flights + 5 Nights

from **\$799**
INCLUDES Waikiki accom. **ADD** surf lessons from \$99.

All-inclusive Packages

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6 Nights 4-Star

\$1049
from

UPGRADE to 4.5-star accom from \$1199.

Riviera Maya

6 Nights 4.5-Star from **\$1029**
UPGRADE to 5-star accom from \$1169.

Los Cabos 6 Nights 4-Star

from **\$1035**
UPGRADE to 4.5-star accom from \$1349.

Riviera Nayarit

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UPGRADE to 4.5-star accom from \$1279.

Long Stay Vacations

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from

INCLUDES central accom near attractions.
BONUS daily breakfast included. **ADD** 21-day car rental from \$499.

Cancun Flights + 21 Nights

from **\$2125**
INCLUDES Hotel Zone accom on the beach.

Vacations

London Flights + 8 Nights

\$1329
from

INCLUDES central accom. **BONUS** daily breakfast included. **UPGRADE** to 4-star accom from \$1735.
ADD Salisbury, Stonehenge and Bath tour from \$79.

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